

## Linking Health & Learning e-Bulletin

January, 2014

### News and General Announcements

#### Seeking Contractor to Design Course in Food and Nutrition Education

The Vermont Higher Education Collaborative is seeking an individual to design a two-credit, hybrid graduate course in food and nutrition education for K-12 teachers. The individual hired for this short-term contract must have a Master's degree in education, public health, nutrition or related field and be able to complete this project by April 30, 2014. Other preferred qualifications include current licensure as a K-12 school-based educator, plus experience in design and delivery of graduate level, online courses. For more information contact Lindsay Simpson at 802-828-1461 or [lindsay.simpson@state.vt.us](mailto:lindsay.simpson@state.vt.us).

#### News from Health Education Resource Center (HERC)

As we prepare for the Vermont Agency of Education move to Barre sometime around March, we will be purging many of the outdated HERC resources. We will be eliminating most of the nutrition resources, VHS tapes and any resource that has not been checked out recently. Remaining resources will be packed. If you will need a resource at the end of February or March, let me know so that I can send it to you prior to packing. Contact Donna McAllister at 802-828-1636 or [donna.mcallister@state.vt.us](mailto:donna.mcallister@state.vt.us).

#### New Items for Loan from the Health Education Resource Center (HERC)

- Michigan Model for Health – High School, Curriculum
- Lifestyle Diseases and How to Avoid Them, DVD
- This is Your Brain on Tobacco: A Research Update, DVD
- Teenage Health Teaching Modules (THTM) modules revised or updated. Below are new modules:
  - Taking Action to Stop Bullying: A Literacy-based Curriculum Module
  - Getting Active and Eating Well
  - Communicating with Caring: A Program for Caregivers of Adolescents
  - Voices Against Violence: Helping Students, Parents and Staff Speak Up
- Sex Matters, Curriculum - Teaching Healthy Sexuality
- It's All One, Curriculum – Sexuality, gender, HIV and human rights education
- The Immune System, DVD
- Parent-Adolescent Relationship Education (PARE), Curriculum
- Flirting or Hurting: When Is It Okay, When Is It Harassment?, DVD

To request an item, call 802-828-0543 or [donna.mcallister@state.vt.us](mailto:donna.mcallister@state.vt.us).

#### Winter Trails Day – Free for Beginners

January 11, 2014

Statewide

Many trail locations around Vermont will offer Nordic skiing and snowshoeing free to beginner children and adults on Saturday, January 11. Adapted equipment and lessons will be available at Rikert Nordic Center in Ripton. Note that inventory of snowshoes, skis and lesson space is limited. Contact participating trail areas to verify details and availability; learn more [here](#). Winter Trails Day is a national program endorsed by Ski Vermont and the Governor's Council on Physical Fitness and Sports; it encourages children and adults to discover the great fitness and social benefits of these fun, easy-to-learn winter sports. Olympic Nordic skier and Vermonter [Andy Newell](#) also supports this initiative.

### **Winter Walk Day**

**February 5, 2014**

**Statewide**

This winter, let's celebrate walking to school! The Vermont Safe Routes to School (SRTS) Resource Center invites you to join our Canadian neighbors to the north and participate in Winter Walk Day. Whether you're walking to school or walking at school, this event is a great way to stay fit, beat the winter blahs, enjoy the outdoors, and have fun. The Resource Center will have Winter Walk Day stickers for participating schools. To sign-up, access event resources, or request stickers click [here](#). Contact Abby Mattera at 802-598-8651 or [abby@saferoutesvt.org](mailto:abby@saferoutesvt.org).

### **Vermont Jr. Iron Chef: Save the Date and Register**

**March 22, 2014**

**Essex Junction, VT**

Registration ends January 15, 2014. Event changes have been made, so please read the updated rules and guidelines carefully before registering. Please click [here](#) to learn more and sign up. Questions can be directed to [info@jironchefvt.org](mailto:info@jironchefvt.org), or 802-434-4122 x40.

### **Serving Up a School Culture of Health, Wellness, and Nutrition**

This free guide describes promising practices, lessons learned and recommendations for how to create a school culture that values the role healthy food, nutrition education and physical activity play in education. To download, click [here](#).

### **Evaluate your Farm to School Program**

The [Farm to School Evaluation Toolkit](#), created by the Colorado Farm to School Task Force and Spark Policy Institute, is a resource to help farm to school programs of all sizes, in all states, undertake evaluation.

### **Resources from National Child Traumatic Stress Network**

The network provides information about the effect of domestic violence on children, how to talk with children about domestic violence and access to other resources; click [here](#).

### Resources from the National Library of Medicine – Available Free Online

[PubMed](#) comprises more than 23 million citations for biomedical literature from MEDLINE, life science journals, and online books, that includes the fields of medicine, nursing, dentistry, veterinary medicine, the health care system, preclinical sciences, and links to online books.

[MedlinePlus](#) is a Web site for anyone looking for reliable information on diseases, conditions and wellness issues and includes a medical dictionary, encyclopedia, videos, and more.

[PubMed Health](#) provides information for consumers and clinicians on prevention and treatment of diseases and conditions. PubMed Health specializes in reviews of clinical effectiveness research, with easy-to-read summaries for consumers and full technical reports.

[K-12 Science and Health Education](#) provides teachers and scientific experts free reliable resources to help introduce, reinforce, and supplement education programs. A list of resources is conveniently sorted by topic.

### Resources for Children’s Dental Health Month

Oral health is an important part of overall health. The Vermont Department of Health encourages schools to celebrate National Children’s Dental Health Month in February by promoting oral health in your community. The American Dental Association has free online resources to help with oral health presentations, ideas for the classroom, and activity sheets. To learn more and to order materials, click [here](#).

## Professional Development Opportunities

Click [here](#) for a calendar of Vermont Agency of Education-sponsored events.

### Spring 2014 Courses from Vermont Higher Education Collaborative (VT-HEC)

For a complete listing of health education, driver education and special education courses in both online and face-to-face formats, click [here](#). Courses begin January 2014.

### Not on Tobacco (N-O-T ) Basic Facilitator Training

January 14, 2014

Burlington, VT

The American Lung Association is sponsoring this N-O-T Basic Facilitator workshop. This training is required to facilitate the N-O-T teen smoking cessation program (for 13-19 year-olds likely addicted to smoking) in schools or community organizations. Training includes one curriculum per site, related materials, continental breakfast and lunch. Thanks to a grant from the Vermont Department of Health, the training is free for Vermont residents. Click [here](#) to register. If you have already been trained to facilitate N-O-T and would like to implement the program this year in your school, click [here](#) to review guidelines and to register for the program. If you have questions, contact Ron Douglass, 802- 876-6860 or [rdouglass@lungne.org](mailto:rdouglass@lungne.org).

**Webinar: Fostering School Connectedness****January 15, 2014****Online, 3:00-4:30pm**

Click [here](#) to learn more and register. Contact Kate O'Neill at [kathryn.oneill@state.vt.us](mailto:kathryn.oneill@state.vt.us).

**Webinar: Asthma Management in Schools Webinar****January 15, 2014****Online, 4:00-5:00pm**

The American Lung Association will host a webinar entitled: Creating a Comprehensive Plan to Improve Asthma Management in Schools. This webinar presents the Asthma-Friendly Schools Initiative (AFSI) framework, highlights the accomplishments of the 2013 AFSI award winning schools, and promotes the 2014 application process. Participants will learn about model policies that improve the physical learning environment, improve asthma management, and highlight the benefits of creating asthma-friendly schools. Register [here](#). For more information, contact Rebecca Ryan at 802-876-6862 or [rryan@LungNE.org](mailto:rryan@LungNE.org).

**Depression in Adolescents****January 15, 2014****VIT Sites, 3:30 – 5:00pm**

This session is designed as a Grand Rounds for School Nurses, but is open to all who are interested. The speaker is Marlene T. Maron, Ph.D.: Clinical Associate Professor in the Department of Psychiatry and Pediatrics at the UVM College of Medicine; Chief Psychologist / Manager of Psychological Services at Fletcher Allen Health Care will be speaking. Click [here](#) for information and to register, or contact Jennifer Zoller at 802-656-0981 or [Jennifer.Zoller@uvm.edu](mailto:Jennifer.Zoller@uvm.edu).

**Health Education Assessment for Student Learning Workshop****January 23, 2014****Berlin, VT**

Click [here](#) to learn more and register. There is no cost to attend. For more information contact Kate O'Neill at [kathryn.oneill@state.vt.us](mailto:kathryn.oneill@state.vt.us).

**Webinar: Vermont Safe Routes to School Winter Walking****January 28, 2014****Online, 3:00-4:15pm**

Walking in the winter can be both a challenging and rewarding experience. Walking, especially in the winter, helps us get much needed exercise, sunlight, and fresh air for physical and mental well-being. Taylor Lonsdale, Peter Lawry, and Abby Mattera will share lessons learned from successful programs to get kids walking and rolling to school throughout the year. The tips and techniques discussed in this webinar will help you start or expand winter walking participation at your school. Register [here](#).

**Farm-To-School Professional Development Course for Educators****January – May, 2014****Sharon & Brattleboro, VT**

Register now! Farm to School Curriculum Connections is a level II course being offered

by VT FEED in partnership with Food Connects and Upper Valley Farm to School. The course will be run simultaneously in two locations--Sharon and Brattleboro--on select Tuesdays and Thursdays from 4:30 to 7:30 PM starting in January. The cost is \$400 (or \$515 with graduate credit). Learn more and register [here](#). Contact Kaitlin Haskins of Upper Valley Farm to School at [kaitlin@uvfts.org](mailto:kaitlin@uvfts.org) or call 269-217-5338.

### **Botvin LifeSkills Curriculum Training**

**February 7, 2014**

**Randolph, VT**

Click [here](#) to learn more and register. Contact Kate O'Neill at [kathryn.oneill@state.vt.us](mailto:kathryn.oneill@state.vt.us).

### **Developing Developmental Assets in School Communities Workshop**

**February 12, 2014**

**South Burlington, VT**

Click [here](#) to learn more and register. Contact Kate O'Neill at [kathryn.oneill@state.vt.us](mailto:kathryn.oneill@state.vt.us).

### **Vermont Safe Routes to School Annual Meeting**

**March 18, 2014**

**Randolph, VT**

Hosted by the Vermont Safe Routes to School Resource Center, this 2nd annual meeting is a great opportunity to celebrate inspiring walking and biking programs, share strategies with peers, gain insights from local and state experts, and meet colleagues from around Vermont. Partners, champions, educators, friends, parents, public health professionals, local government representatives, law enforcement and anyone interested in learning more about Safe Routes to Schools are encouraged to attend this free event. For more information and to register, click [here](#). Contact Abby Mattera at 802-598-8651 or [abby@saferoutesvt.org](mailto:abby@saferoutesvt.org).

### **Vermont Freemasons Comprehensive Assessment and Recovery Effort (C. A.R.E.)**

**March 25-26, 2014**

**South Burlington, VT**

This C.A.R.E. training helps schools support, develop and improve upon their Educational Support Team (EST) as part of their Educational Support System (ESS). Teams will build skills in identifying at-risk students for substance abuse, depression, suicide or violence; developing a referral system; and providing support. There is no direct cost to schools as it is funded by the Vermont Freemasons. For information contact Donna McAllister at 802-828-1636 or [donna.mcallister@state.vt.us](mailto:donna.mcallister@state.vt.us). To register, click [here](#).

### **Save the Date! Tri-State Child Nutrition Conference**

**April 10, 2014**

**Killington, VT**

Child Nutrition Programs of Maine, New Hampshire and Vermont are teaming together to present a day long training event with some Child Nutrition Programs experts. The day-long conference will include three sessions of workshops as well as a

keynote presentation by Scott Noyes. Workshop sessions will address School Nutrition, Child & Adult Care, FFVP, Summer Food Service Program, USDA Foods and more. For information contact Cheryl Barrows at 802-828-2447 or [cheryl.barrows@state.vt.us](mailto:cheryl.barrows@state.vt.us).

## Grant and Funding Opportunities

### Electronic Student Health Record (EHR) Grant

Grants are available to Vermont supervisory unions to promote the use of electronic student health records in schools to conduct illness surveillance and report surveillance data to the Vermont Department of Health (VDH). The VDH funds the purchase of an EHR system of your choice, meeting grant criteria, with training and licensing fees covered for one year. The school will report once weekly to VDH the number of students with flu-like symptoms and the number of students absent that week. Reporting lasts for one year; the software is yours. VDH does not collect personal identifiable information in the report. To apply, contact Sharonlee Trefry, State School Nurse Consultant at [sharonlee.trefry@state.vt.us](mailto:sharonlee.trefry@state.vt.us), 802-863-7348.

### USDA Community Facilities Grant

Public school districts are eligible for USDA Rural Development Community Facilities grants of up to \$50,000 to help address building improvement and repair needs.

Click [here](#) to learn more.

Contacts: Deborah Maguire, USDA, at 802-828-6024 or [deborah.maguire@vt.usda.gov](mailto:deborah.maguire@vt.usda.gov); Cathy Hilgendorf, AOE, at 802-828-5402 or [cathy.hilgendorf@state.vt.us](mailto:cathy.hilgendorf@state.vt.us).

### Rite Aid Grant

**Deadline: January 15, 2014**

The Rite Aid Foundation is dedicated to helping communities lead happier, healthier lives and seeks to fund programs that focus on health and wellness in areas in which Rite Aid operates. To learn more and apply, click [here](#). A second option is to enroll your school in [KidsCents](#), where people can round up their purchases at Rite Aid and give the change to programs for kids and communities.

### Together Counts Grant: Find Your Balance Challenge

**Deadline: January 31, 2014**

The Find Your Balance Challenge is open to elementary school classrooms with grades K-5 and rewards student teams for taking steps toward achieving Energy Balance in your own school communities. To learn more and apply, click [here](#).

### Lowe's Toolbox for Education Grant

**Deadline: February 14, 2014**

The Lowe's Foundation is accepting applications for its Toolbox for Education Grant program. The purpose of this funding is to support school improvement projects at K-



12 public schools in the United States. Projects that encourage parent involvement and build stronger community spirit are encouraged. To learn more and apply, click [here](#).

### **2014 Recreational Trails Program (RTP) Grant**

**Deadline: February 28, 2014**

Please prepare work plans for projects you want to work on in Fall of 2014 or Spring of 2015. To learn more and apply, click [here](#). For more information, contact Sherry Winnie at 802-760-8450 or [Sherry.Winnie@state.vt.us](mailto:Sherry.Winnie@state.vt.us).

### **Champions for Healthy Kids Grant**

**Deadline: March 15, 2014**

The General Mills Foundation, in collaboration with the American Dietetic Association Foundation and the President's Council on Physical Fitness and Sports, is accepting applications for its Champions for Healthy Kids grant program. The purpose of the program is to support sustainable, effective programs working to improve nutrition and physical fitness behaviors for youth. To learn more and apply, click [here](#).

### **ING Run for Something Better Grants**

**Deadline: May 15, 2014**

ING U.S. is giving schools nationwide a unique opportunity to help K-8 students discover a passion for running and living a healthy lifestyle through its Run for Something Better School Awards. In partnership with the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), ING U.S. will provide a minimum of 60 grants of \$3,500 each in 2014. In addition to the grants, schools can download unique running lesson plans developed by AAHPERD and based on the National Standards for Physical Education to serve as the foundation of the running program or to supplement an existing school program. To learn about the program, including full eligibility requirements and to apply click [here](#).

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